



LOWER/MIDDLE SCHOOL LUNCH MENU

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Entrée: Baked Tilapia Wild Rice Green Beans Buttered Orzo Fresh Fruit Mix-It-Up Meal: Hamburger	Entrée: Brunch For Lunch Green Eggs and Ham Pancake or Waffle Hash Browns Fresh Fruit Mix-It-Up Meal: Corn Dog	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit
6	7	8	9	10
Entrée: Orange Chicken w/ Steamed Rice Edamame Egg Roll Mandarin Oranges Mix-It-Up Meal: Chili Dog	Entrée: Crispy or Soft Beef Tacos Spanish Rice Pinto Beans Fresh Fruit Mix-It-Up Meal: Chicken Parm Sandwich	Entrée: Spaghetti w/ Meatballs Italian Blend Veggies Breadsticks Fresh Fruit Mix-It-Up Meal: BBQ Chicken Sandwich	Entrée: Chicken Wings (Buffalo/ BBQ/ Ranch) Waffle Fries Celery and Carrots Fresh Fruit Mix-It-Up Meal: Grilled Cheese Sandwich	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit
13	14	15	16	17
SPRING BREAK - NO SCHOOL				
20	21	22	23	24
Entrée: Chicken Fried Steak w/ Country Gravy Mashed Potatoes Corn Cob Fresh Fruit Mix-It-Up Meal: Hot Dog	Entrée: Beef, Cheese or Spinach Ravioli Italian Blend Veggies Breadsticks Fresh Fruit Mix-It-Up Meal: Chicken Nuggets	Entrée: Grilled Pork Chops w/ Brown Gravy Scalloped Potatoes Steamed Broccoli Fresh Fruit Mix-It-Up Meal: Meatball Sub	Entrée: Salad Bar & Soup Build Your Own Salad Choose Your Own Soup Fresh Fruit Mix-It-Up Meal: Corn Dog	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit
27	28	29	30	31
Entrée: Pasta Bar Bowtie or Penne Marinara or Alfredo Garden Salad Fresh Fruit Mix-It-Up Meal: Steak Fingers	Entrée: Chicken or Beef Enchiladas Spanish Rice Black Beans Fresh Fruit Mix-It-Up Meal: Chicken Tenders	Entrée: Sliced BBQ Brisket Corn Cob Baked Beans Potato Salad Fresh Fruit Mix-It-Up Meal: Grilled Cheese Sandwich	Entrée: Chicken Wings (Buffalo/ BBQ/ Ranch) Waffle Fries Celery and Carrots Fresh Fruit Mix-It-Up Meal: Fish Nuggets	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit

MIX-IT-UP MEAL SIDES (SERVED DAILY)	SANDWICH SHOP (SIDES SAME AS MIX-IT-UP MEAL)	SALAD/SOUP MEAL (SOUP AVAILABLE DAILY)	A LA CARTE (SERVED DAILY)	MEAL PRICES
Carrot/Cucumber Sticks	MONDAY: Turkey and Swiss	MONDAY: Chickpea Salad	Fresh Fruit	K - 4 th \$4.85
Steamed Veggies	TUESDAY: Tuna Salad	TUESDAY: Chicken Basil	Fruit Cups	5 th - 8 th \$5.95
Baked French Fries	WEDNESDAY: Caesar Wrap	WEDNESDAY: Crispy Chicken Cobb	Cheese Stick	
Fresh Fruit	THURSDAY: Chicken Salad	THURSDAY: Fruit Salsa	Baked Chips	
	FRIDAY: Hot Roast Beef and Cheddar	FRIDAY: Chicken Caesar	Yogurt Parfait	

BAKED POTATOES AVAILABLE DAILY (Toppings include: Bacon Bits, Cheddar Cheese, Sour Cream and Chives)